5

WHAT IS CLAIMED IS:

 An antenna, an antenna sheet material folded up to form an antenna, the antenna sheet material comprising a radiating plate, a feeding plate, and a ground plate;

wherein the radiating plate, the feeding plate, and the ground plate are manufactured to a unity, and the feeding plate and the ground plate extend in the same direction.

- The method according to claim 1, wherein the length of the radiating plate is approximate quarter wavelength corresponding to the operating
 frequency of the antenna.
 - 3. An antenna, an antenna sheet material folded up to form an antenna, the antenna sheet material comprising:

a radiating plate,

a feeding plate, and

15 a ground plate;

wherein the longer side of the feeding plate is parallel to the longer side of the ground plate.

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